

7 SKILLS

**EVERY PREPPER
MUST HAVE**

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Contents

Survival 101: What You Need to Know!	4
1. Food and Water.....	6
2. Financial Preparedness	9
3. First Aid	10
4. Self-Defense.....	12
5. Shelter	16
6. Campcraft	18
7. Mindset.....	21
Conclusion.....	24

Survival 101: What You Need to Know!

We live in perilous times and there's just no avoiding this fact. Natural disasters and pandemics are on the rise. Acts of terrorism are becoming more common and unforeseen emergencies are occurring more than ever before.

If you're worried about your survival and how you'll cope in an emergency, you have the right mindset. Like the President of Syria, Bashar al-Assad said, *"Worry does not mean fear, but readiness for the confrontation."*

He would know what he's talking about with all the conflict and emergencies in Syria. Being prepared is not a sign of paranoia but one of pure common sense. He who is not ready today is less prepared tomorrow.

7 Skills Every Prepper MUST Have!

In this short report, you'll discover the most crucial skills you must have as a prepper to cope with the exigencies of any disaster or emergency situation. Take note of them and do your utmost to build these skills so that you're always ready.

7 Skills Every Prepper MUST Have!

1. Food and Water

When it comes to survival, besides air, food and water rank very high in the order of importance. Usually when there is an impending crisis, people start panicking and rushing to the stores to grab supplies for their family. There is often a mad rush because most people are not ready.

The picture below shows the empty supermarket shelves that you've seen from the COVID-19 crisis in your area.



7 Skills Every Prepper MUST Have!

Things can get ugly when they discover that the roads to the mall or store has been blocked or you can't leave your home. In some cases, the malls may be closed and even if they're open, the shelves may be empty because everybody already grabbed whatever they could.

This is a very real scenario. During the COVID-19 crisis, one of the first items to get sold out was toilet paper and bottled water. Followed by frozen food and canned goods. The toilet paper hoarding was crazy and silly (oops sorry if that was you), but there were opportunists who bought as much food and water as they could and were then selling it to others at much higher prices.

My favorite story so far was the couple who bought almost a pallet full of toilet paper (they should have been stocking on other items btw...). Two days after they got it, their dogs ate all but 2 rolls. Serves them right. Back to prepping...

You will be at the mercy of these people if you're not prepared. You can read the article here:

<http://www.dailymail.co.uk/news/article-4825114/Man-confronts-alleged-price-gouger-hurricane-prep.html>

7 Skills Every Prepper MUST Have!

The most important skill that every prepper must have is the ability to store food and water. You need to know what foods will last and how to rotate your stocks. Knowledge of water storage and water purification (in the event you run out of water) are absolutely necessary.

Storing food alone is not enough. You need to store the right foods that have enough nutrition and still taste good... while having a long shelf life. We cover this in much more detail in the book on our home page at <https://www.ThePrepperBook.com> .

2. Financial Preparedness

It goes without saying that every prepper needs to know how to manage his/her finances. Storing supplies for an emergency requires money and you'll need to be thrifty in the beginning so that you can buy extra stores for your prepping.

You'll also need an emergency cash stash in the event that you need to evacuate your home. If there's a major flood, getting to an automated teller machine to withdraw money may not be an option.

Do whatever you can to trim your excess expenditures so that you can get all the supplies you need. Save a percentage of your earnings and aim to reduce your debt. Insure your property, health and life.

Once you're prepared and have all that you need, you'll have more leeway and freedom to spend as you wish. What's important is that you do what matters first.

3.First Aid

This is another crucial skill to have even if you're not a survivalist. Injuries can occur at any time. If one of your family members fractures their arm during a crisis, do you know how to temporarily treat the injury with splints and a bandage?

What are you going to do if you discover that your neighbor has almost drowned in a flood? Do you have CPR skills to help them?

During crisis situations, getting medical help is much tougher because the routes may be inaccessible. It may take time for help to arrive. Responders may not be able to get to you. First aid skills may make the difference between life and death.

Sign up for a first aid course and learn as much as you can. From tying tourniquets to treating lacerations... these are all skills that will be very handy should any unfortunate situation arise where someone needs urgent medical aid.

7 Skills Every Prepper MUST Have!

You should also have a well-stocked first aid kit at home. If any family member requires medication on a daily basis, do ensure that you have these medicines stored in the kit too. In an emergency, you might not have access to a pharmacy to pick up insulin, pain killers, etc.



4. Self-Defense

Self-defense skills are not just for action movie stars. In fact, during a crisis, you need them more than ever. Looting, assaults and other crimes skyrocket whenever there's a crisis. Italy was the first to see this happen across the world. This happens because law enforcement is overburdened with many other tasks.

Since they're busy assisting with recovery and aid efforts which are priorities, upholding the law takes a backseat. Criminals are quick to grab this opportunity to go on a crime spree knowing that there's a higher chance of them getting away.



7 Skills Every Prepper MUST Have!

In order to protect yourself and your family, it's imperative that you know some form of self-defense. Ideally, you want to sign up for Krav Maga classes or other martial arts styles that focus on close quarter combat.

While traditional martial arts like Karate and Aikido are good too, they take years to master and require constant practice. Most people just don't have the time to train for so long.

Empty hand systems like Krav Maga and Muay Thai are brutal and highly effective. This is real world fighting with groin kicks, throat punches and eye gouges. During a real fight which only lasts a few seconds, you'll need every edge you can get.

You may wish to get a firearm for your own protection. If you do decide to get one, make sure you get professional training for it and practice firing on the range often so that you get used to the explosive sound, the feel of the recoil and also to improve your accuracy.

7 Skills Every Prepper MUST Have!



Practice is crucial for both unarmed combat and using a firearm. During a threat, you will experience an adrenaline dump in your body which will cause you to have tunnel vision and your legs and arms will feel weaker.

This is one of the reasons why you need lots of practice. You'll be able to function automatically when facing danger. Muscle memory will kick in and you will react instinctively.

Not everyone will be comfortable purchasing a firearm and this is understandable. However, you should invest in other non-lethal

7 Skills Every Prepper MUST Have!

weapons such as chemical sprays (pepper sprays), stun guns or tasers.



These weapons will not kill or maim but they can still bring down an assailant if used correctly. Once the criminal is down, you can use cable ties to restrain them till the police arrive.

What really matters is that you have some way to defend yourself. Do not bury your head in the sand and assume that bad things only happen to other people.

5.Shelter

In many cases, during an emergency, your home will be your best form of shelter. Sometimes, you may not be able to evacuate during an emergency. The roads may be blocked, your car may not have fuel, etc. Life is unpredictable.

During times like these it's important to know that your home is safe enough to be in. If there's a hurricane approaching, is your roof securely attached to your house or will it be ripped off during a strong wind?

Are the shingles firmly fixed or will they be turned into flying projectiles? Do you have shutters for your windows to protect them from the strong winds?

In the event that you can evacuate, do you have a place to go to? This is often known as a 'bug out' location in prepper parlance. Ideally, the place you're going to needs to be secure and have supplies too.

7 Skills Every Prepper MUST Have!

If it's just a 72-hour stay to escape a storm, a bug out bag with supplies will do. If it's going to be longer, you'll need to have a plan for that too.

6. Campcraft

Sometimes when there's a natural disaster that wreaks havoc in urban areas, getting away into the woods may be the best option. If not the woods, you might have to stay in some outdoor location exposed to the sun and the stars.



Normally, this is known as camping and it seems fun. However, during a crisis, it becomes survival and it's not that much fun because you didn't have a choice.

7 Skills Every Prepper MUST Have!

As a prepper, you should always take into account that there could be a situation where you need to get out of your home and camp out in nature for safety reasons.

This situation is out of most people's comfort zones. Nevertheless, since it's still a possibility, you'll need to equip yourself with the necessary skills and gear to survive out in the open.

You must know how to build a tent, start a fire, do light cooking, etc. You'll need most of the same basic necessities as you would if you were indoors but surviving outside is much tougher.

It's a good idea to build a survival kit specifically for outdoor use. It should have knives, cookware, stoves, signaling equipment, multipurpose tools, ponchos, tents, a compass and much more.

Learning all these skills and knowing what to pack will take time and it's best that you start practicing from now. The book we sell for \$7 (<https://www.ThePrepperBook.com>) has lots of

7 Skills Every Prepper MUST Have!

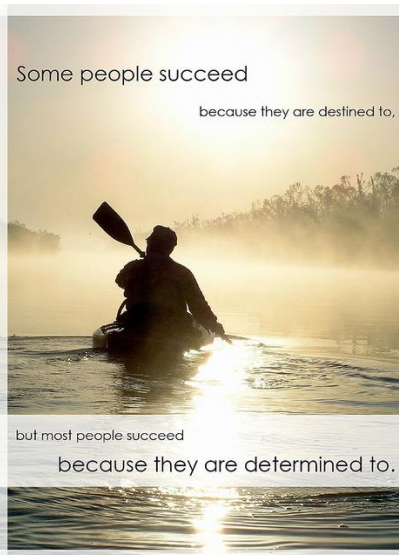
information on this topic ranging from what foods you can eat from the wild to creating poultices for first aid. It's truly a comprehensive guide that will make any prepper an expert.

7 Skills Every Prepper MUST Have!

7.Mindset

The last skill that you absolutely MUST have is a survival mindset. While it may not seem like a skill to the casual observer, in reality, it's the most difficult one to master.

When times are tough and most of your creature comforts are gone, it's very easy to lose heart and the will to keep going. Many people start sinking into depression and just let fear get the best of them.



It's crucial that you always keep your spirits up. To have a survival mentality requires you to be prepared.

You must know what you're doing. Just knowing that you're ready for any emergency will give you that mental edge to tide you through the trying times.

7 Skills Every Prepper MUST Have!

It's also knowing that you are worth fighting for. If you have a family, you need to protect them. This survival mentality is especially important during a violent encounter with someone who wants to hurt you.

One of the core beliefs in Krav Maga is that you fight till the end. You don't give up or give in halfway. That should be your approach to survival. As long as you're breathing, you're fighting. Tough times don't last, tough people do.

It's a good idea to store comfort foods in your food stores. During these crisis situations, foods like chocolate, candy, tinned fruit, etc. can lift your spirits. You'll be amazed at how tasty these foods become when you're deprived of your usual food.

Another point to note is that you should not expect or rely on the authorities for help. History has shown that during emergencies such as the New Orleans flood, help was slow to arrive.

7 Skills Every Prepper MUST Have!

If you live in the US, you may think that the Federal Emergency Management Agency will be able to help you ASAP. The truth is that they usually take longer than expected.

There are a multitude of reasons for this. It takes time to get organized. It takes time to find volunteers. Getting donations and gifts take time too. During this process, you only have yourself and your own resources to rely on.

Should the roads be blocked and inaccessible as in the case of the floods, help will take even longer to arrive. You must be mentally prepared for this and understand that you are your own best friend when it comes to your survival.

Conclusion

By now you should be aware of the skills you need to survive most crises and emergencies. While this short report only scrapes the tip of the iceberg, it's a proven roadmap for you to follow as you delve deeper and learn more about prepping and survival.

Preparation makes its own luck. Ideally, you should get proper training for skills that you do not possess. For example, if you have minimal first aid knowledge, it would be a good idea to join a first aid course and learn the skills from a professional.

The same applies to unarmed combat, firearms, etc. You want to be familiar with the techniques and handling till they become second nature to you. Make sure you take a safety course as well.

You should also pick up our book on our [home page](#) so that you have in-depth information at your fingertips. This guide is an online bestseller and thousands of preppers and survivalists just like you have benefitted from it.

7 Skills Every Prepper MUST Have!

Finally, always have a survival mindset. Prepare during peaceful times and you'll be ready when things go wrong.

